

What is claimed is:

1. A method for baking a food product comprising the steps of:
 - preparing a flexible and foldable mould, said mould being formed essentially by a silicone elastomer material, and said silicone elastomer material being obtained by cross-linking the silicone in the presence of a peroxide as a cross-linking agent;
 - placing a food product to be baked into said mould;
 - placing the mould containing the food product to be baked in a bake oven at a baking temperature, keeping the baking temperature for a predetermined period of time till the food product has been baked;
 - taking out the mould containing the baked food product from the bake oven; and
 - taking out the baked food product from mould.
2. The process as claimed in claim 1 further comprising the step of rinsing the silicone elastomer material with boiling water after the silicone elastomer material is manufactured.
3. The process as claimed in claim 2 wherein the rinsing with biling water is conducted for from 4 to 16 hours.
4. The process as claimed in claim 1 further comprising the step of ultrasonic washing the silicone elastomer material with ultrasonic wave after the silicone elastomer material is manufactured.
5. The process as claimed in claim 4 wherein the ultrasonic washing is conducted for from 5 to 30 minutes.
6. The process as claimed in claim 1 wherein the silicone elastomer material is a heat-curable silicone elastomer of the type intended for applications in contact with foodstuffs.
7. The process as claimed in claim 1 wherein the silicone elastomer contains methyl-vinyl polysiloxane.
8. The process as claimed in claim 1 wherein the cross-linking agent is selected from the group consisting of benzoyl peroxide, bis-(2,4-dichlorobenzoyl) peroxide, dicumyl peroxide, di-tert-butyl peroxide, *sym*-chlorobutyl peroxide, 2,5-dimethyl-2,5-di-tert-butylperoxy hexane, di-tert-butylperoxy peroxide, 2,5-dimethyl-2,5- bis(tert-butylperoxy) hexane and tert-butyl cumyl

peroxide.

9. The process as claimed in claim 1 wherein the cross-linking agent is 2,5-dimethyl -2,5-di-
tert-butylperoxy hexane.

10. The process as claimed in claim 1 wherein the cross-linking agent used is in amount of
5 0.3-4 wt%, based on the total weight of other raw materials.